

EXCALIBUR THEATRE ARTS CO.

SUMMER 2026 OPEN ACRODANCE CAMPS

MONDAY, JULY 13

9:00 – 10:30, Stretch & Conditioning

10:30 – 11:00, Balancing (review all 6 balances – hd, ch, sh, el, he, ha)

11:00 – 12:30, Technique/Variations

30 min: Bridges, proper technique, recovers, walking

20 min: Cartwheels, variations

20 min: BW (front, back, 2H2F), FWO (both), BWO (both)

20 min: front variations (see list), back variations (see list)

12:30 – 1:00: Lunch

1:00 – 1:15, Contorting (6 clutches – 1, 2, double, split, lunge, bridge)

1:15 – 1:45, Partnering (straddle press, circle, FWO)

1:45 – 2:45, Tumbling (HSW, round offs, aerial clinic, free choice stations)

2:45 – 3:30, Choreography

TUESDAY, JULY 14

9:00 – 10:30, Stretch & Conditioning

10:30 – 12:00, Technique/Variations

30 min: Bridges, proper technique, recovers, walking

20 min: Cartwheels, variations

20 min: BW (front, back, 2H2F), FWO (both), BWO (both)

20 min: front variations (see list), back variations (see list)

12:00 – 12:30: Lunch

12:30 – 1:15, Balancing & Contorting (standing and stomach scorpion)

1:15 – 1:45, Partnering (toes to head, basket, BWO)

1:45 – 2:45, Tumbling (HSW, round offs, aerial clinic, free choice stations)

2:45 – 3:30, Choreography

WEDNESDAY, JULY 15

9:00 – 10:30, Stretch & Conditioning

10:30 – 11:00, Balances

11:00 – 12:30, Technique/Variations

30 min: BW (front, back, 2H2F), FWO (both), BWO (both)

30 min on front variations (see list)

30 min on back variations (see list)

12:30 – 1:00: Lunch

1:00 – 1:15, Contorting (scorpion, scorpion BCR, mermaid)

1:15 – 1:45, Partnering (triple straddle press, straddle hold, shoulder hold)

1:45 – 2:45, Tumbling (HSW, round offs, aerial clinic, free choice stations)

2:45 – 3:30, Choreography

THURSDAY, JULY 16

9:00 – 10:30, Stretch & Conditioning

10:30 – 12:00, Technique/Variations (combinations)

12:00 – 12:30: Lunch

12:30 – 1:15, Balancing & Contorting (review)

1:15 – 1:45, Partnering (review)

1:45 – 2:45, Tumbling (HSW, round offs, aerial clinic, free choice stations)

2:45 – 3:30, Choreography

FRIDAY, JULY 17

9:00 – 10:30, Stretch & Conditioning

10:30 – 12:00, Review all tricks/techniques

12:00 – 12:30, Lunch

12:30 – 1:30, Choreography

1:30 – 2:30, Tumbling (free choice)

2:30 – 4:00, Prepare for Performance

4:00 – 4:30, PERFORMANCE